

*holy Word ; for that
Duty and a Service
highly pleasing to him.*

VII.

*Remember (and you
much help yourself, if
remember it) that
are continually in
Presence of God,
ought to live continually
in his Fear, and in
Obedience to his Comman-
ments.*

VIII.

*Upon all Occasions of
to you, exercise
Charity, and let
the Day pass you*

*out some good Work done
by you, either of real
Honour to God, or of
real Charity to them
that want it.*

AFTERNOON.

*Afternoon retire yourself
a while, and use the
Psalm, Lesson, Hymn,
and Prayers following.*

UNto thee I lift up
mine Eyes, O thou
that dwellest in the Hea-
vens: My Soul waiteth
still upon thee, that thou
mayest bless me.